

HearSay

The Official Newsletter of HLAA-PA

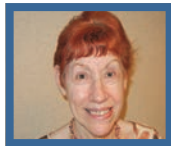
Volume 16 Issue 1 Spring 2017



Pennsylvania State Office

MESSAGE FROM NANCY

By Nancy Kingsley, State Director



On November 21, 2016, Attorney General Loretta Lynch signed a Final Rule requiring movie theaters to (1) have and maintain the equipment needed to provide closed captioning at the patron's seat when showing a digital movie that has this feature; (2) provide public notice about the captioning availability; and (3) ensure that staff is available to assist patrons with the equipment before, during, and after showing a captioned movie. The number of captioning devices that must be available depends on the number of auditoriums showing digital movies. If there is one auditorium, 4 devices are required; 2-7 auditoriums, 6 devices; 8-15 auditoriums, 8 devices; and 16 or more auditoriums, 12 devices.

Theaters that were showing digital movies on December 2, 2016, must comply by June 2, 2018. Those

converting to digital between the latter two dates have until December 2, 2018, and those converting after June 2, 2018 have six months from the date of conversion. Keep in mind that occasionally movies are released that do not have captions. Movie theaters are not required to ensure that the movie itself is captioned; only to provide the necessary equipment for viewing the captions when they are available. Likewise, the rules only apply to digital movies, so theaters that only show analog movies are not covered. In addition, if a movie theater can show that compliance would cause an undue burden, it will not be required to comply in part or full.

Some chains, including Regal (which uses captioning glasses) and AMC (which uses a captioning device that fits into the seat's cupholder) began providing captioning access even before the rules were issued, but soon nearly all movie theaters will be providing this access, so get your popcorn, sit back, and enjoy!

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STATE HAPPENINGS AND OUTREACH

By Carolyn Meyer

Surveys come and go. Do you take the time to voice your opinions? When a survey comes from HLAA, it indicates that your responses are needed, whether to voice your comments to the wireless industry or enter your experiences as a person with hearing loss in a medical situation. Every person counts and we have all had the emails from Lise Hamlin (HLAA Director of Public Policy) or Barbara Kelley (HLAA Executive Director) informing us of the value of our participation. Surveys usually describe the length of time it will take to complete them—often it is less than the time suggested. However, if you have reservations that this is a legitimate request, before you follow through with the survey, email HLAA to verify any doubts you have.

**CHAPTERS**

The Bucks County Chapter hosted a very successful **"Paint It Forward Fundraiser and Holiday Social"** November 20, 2016. Friends joined chapter members for a fun night of creating whimsical art while supporting the chapter to raise funds to help cover the costs of CART (real time captioning) for chapter meetings and for scholarships.

OUTREACH

FARM SHOW - January 7-14, 2017

With a year of careful planning and organization, Steve Schultz did an outstanding job again! HLAA-PA volunteers from different parts of the state pitched in to make it another successful outreach event. Norm Kirsch of the Central PA chapter mentions the following: "An interesting, and sad story. A lady approached our table with some questions. She was extremely hard of hearing even with two hearing aids. As a recipient myself of bilateral cochlear implants, I asked her if she had thought about a cochlear implant. Her answer flabbergasted me. They told her she was too old. She is in her early 60s. I could not believe it! Of course I advised her to contact my ENT or another one. Hopefully she will follow through with the advice. Thankfully, we were able to help many other hearing impaired people." Don Groff, another volunteer from the Montgomery County chapter, noted that frequent topics of conversation were tinnitus and the cost of hearing aids. Kay Tyberg of the Blair County chapter worked at our booth for 2 days! Kay commented "There are so many people of every social status that come to the Farm Show who are unaware of what our organization is about. Advocating and educating were the key elements. I believe all of us touched someone's life to enable them to have a better quality of life. We coaxed one couple into coming to an HLAA chapter meeting! On a final

note, I came to realize that our booth should be open two nights at least to attract the younger crowd and those that come after work." HLAA-PA appreciates all the volunteers who came out in the cold to support this important state event.

HLAA-PA IS LOOKING FOR YOU!

There are opportunities beyond the local chapters for your participation.

Our volunteers are what we ARE.

1) The Advisory Council begins its meetings for 2017 on April 1 and always welcomes observers who may go on to be members. We meet only 3 times a year in Manheim Township (Lancaster) PA. It is a chance to work with other members from different chapters on all state issues that affect people with hearing loss. If you are interested, please contact Nancy Kingsley kingsley@hlaa-pa.org

2) The Walk 4 Hearing Committee will begin its 2017 meetings soon. Ronnie Adler is always looking for new faces and hopes you will contact her by e-mail at radler@hearingloss.org. It is a chance to participate at any level you wish. It takes many volunteers to make Walk Day a success and besides, it is a lot of fun.

REMINDER: HLAA-PA CONVENTION SCHOLARSHIP APPLICATIONS DUE APRIL 10, 2017

The application form is in this issue of HearSay and on the state website www.hlaa-pa.org. There are 2 scholarships to be awarded this year. The convention is in Salt Lake City, Utah, June 22-25.

LUNCH AND LEARN: April 30, 2017 : the registration form is in this issue of HearSay. Bookmark it on your calendar as an afternoon to socialize as well as gain important information on the latest technology with cochlear implants, and visit our exhibitors who provide services to those with all levels of hearing loss. Bring friends and family as it is open to the public. If you are a potential exhibitor, please contact Nancy Kingsley at kingsley@hlaa-pa.org for exhibitor information.

HLAA IN THE NEWS

Martin Lock of the Bucks County Chapter was interviewed by Tom Avril, a feature reporter for the Philadelphia Inquirer. The link to the internet article focusing on "Hearing Aids and Cell phones" is bit.ly/HearSay20171

It was published in the Sunday Philadelphia Inquirer January 29, 2017. HLAA was noted as an important resource for more information on the topic in the on-line version of the article.

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<http://www.pennmedicine.org/otorhinolaryngology/patient-care/clinical-programs/audiology/>

TECH TOPICS

MY DREAM DEVICE

I've been using the Resound/Cochlear MiniMike for some time now and consider it to be my most essential accessory. It set me to thinking about what the ideal device in that kind of format would be able to do.

The thumb-sized MiniMike transmits sound directly to my Cochlear N6 CI and Resound Verso HA via a paired connection that is similar to Bluetooth but proprietary. There is no intermediate device, dongle, neckloop or other item needed. You can also plug another audio source, e.g. radio or iPod into a 3.5mm jack. It is a digitally coded streaming connect, free from interference and cross talk, with a range of about 30 feet.

My dream device would:

- ◆ Pair and connect via a similar but non-proprietary connection (Bluetooth 4.0?) to a wide variety of HA's and CI's.
- ◆ Incorporate a microphone that is at least somewhat directional (MiniMike does this).
- ◆ Incorporate a FM receiver that would receive channels in the commonly used 72MHz hearing assistance band.
- ◆ Incorporate an IR receiver that would receive the standard IR channels.
- ◆ Charge via a mini-USB connector, which would also connect to a computer that would allow setting of parameters such FM frequencies, etc.
- ◆ Incorporate a T-coil! Not an atavism; loop systems will continue to be useful, but putting in the T-coil would solve the vexing and often ignored orientation issue. Tilt the device, not your head!
- ◆ Allow plugging in an audio source such as an mp3 player (MiniMike does this).



Visit HLA-PA on the web!
hlaa-pa.org or scan this QR code on
your smartphone, for latest news and
a calendar of events.

There are some things I would not expect this device to do:

- ◆ Not be concerned with the telephone, although the mode of connection should be available for phones. The iPhone will connect directly to a few HA's, but open standards seem to be an anathema to its maker.
- ◆ Not attempt to handle multiple sources, e.g. the noisy dinner party. The pairing process that makes Bluetooth type devices work well would result in insurmountable headaches, I think.


I believe that such a device could be put into a package about the size of the MiniMike, with perhaps 3 buttons for control and a very simple display. Current devices such as the Williams FM receiver are in much bigger packages, but follow design standards of several decades ago.

Clearly, I don't expect to see this device available anytime soon. An open standard for streaming between it and the multiplicity of HA's and CI's is essential, but far from reality, I'm told. I know of just one case where two manufacturers use the same protocol, and it is not an open one. Multiple proprietary systems limit the production volume of any of them, a show-stopper for sure in product development.

But we can dream, can't we?

- Don Groff

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ABOUT DIZZINESS

Most of us have felt dizzy at some point in our lives. Although dizziness can affect all age groups, it is thought to be one of the most commonly reported concerns among older adults. The term may include lightheadedness or fainting, as well as feelings of spinning, rocking, swaying, floating, motion intolerance, and imbalance. Vertigo is often misunderstood as a diagnosis, but it is simply a term to describe a false sense of movement or of the room spinning. As with all types of dizziness, vertigo is a mere symptom that may be caused by a variety of conditions.

Sometimes dizziness may improve without intervention or with the help of certain commonly prescribed medications. However, without correct diagnosis and management of the underlying condition, dizziness may become chronic and debilitating. When determining the cause, much of the focus is on the details of how and when the symptoms began. For example, what a person was doing at the time of onset and any noticeable patterns can significantly narrow the list of possible diagnoses. While sporadic symptoms may be frustrating, the absence of a recognizable pattern is just as meaningful, since only certain conditions will cause spontaneous episodes.

Commonly reported triggers for dizziness include head injuries, changes in medication, upper respiratory infections, shingles, and hormonal fluctuations. Situational triggers can cause some people to only experience dizziness when in bed, moving vehicles, open spaces, crowds, or even with an increase in stress. Dizziness may have other related symptoms such as unsteadiness, nausea, vomiting, hearing loss, sweating, blurry or jumpy vision, headaches, and shortness of breath. Other important considerations include duration and frequency of dizziness episodes, as well as medical and family history.

Evaluation of dizziness commonly involves various specialties such as audiology, otorhinolaryngology (ear nose and throat),

neurology, and cardiology. Required testing is determined by the reported symptoms and may include blood work, urinalysis, balance function testing, cardiac work-up, magnetic resonance imaging (MRI), computed tomography (CT) scans, and X-rays. Since many patients experience symptoms that may result from more than one possible cause, an evaluation at an established medical center that offers a multidisciplinary approach and the latest technology may lead to more efficient diagnosis and timely treatment.

Inner ear-related dizziness typically results in true spinning vertigo that presents in distinct episodes that may last seconds to minutes or hours to days. They may occur in isolation or in multiples with varied frequency. Whether or not there is accompanying nausea, vomiting, and/or hearing loss depends on both the underlying condition and the individual.

In most cases, dizziness can be attributed to benign causes such as medication side effects, dehydration, circulation issues, fluctuations in blood sugar, inner ear disorders, migraines, or anxiety. However, because these symptoms may also be associated with serious conditions such as a heart attack or a stroke needing immediate medical attention, promptly contacting one's healthcare provider is recommended.

Once the proper cause of the dizziness is determined, management options can be discussed. These often include lifestyle modifications such as diet and increased activity, new medications or changes in existing medications, counseling, and physical therapy.

Y.J. Mary Kim, Au.D.

Clinical Audiologist

Penn Medicine

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DDP is implemented by Pennsylvania's Initiative on Assistive Technology, a program of the Institute on Disabilities at Temple University, in conjunction with the PA Office of Vocational Rehabilitation and the PA Public Utility Commission.

BREATHE!

People with hearing loss experience difficulty in understanding conversations, which can be stressful at times. Even though I wear powerful digital hearing aids and use speechreading, paraphrasing, and repetition, I still find group conversations and group classes to be a challenge.

I had some communication issues when I started my yoga class because I need to see the face of the instructor, who sometimes has his/her back toward the students as he/she does the poses. I explained my situation to my yoga teachers at the Namaste 919 in Old Forge, Pennsylvania. The instructors help me with the yoga positions when I am unable to understand what they are saying, and at times, they stand facing the class so I can speechread. They are also extremely patient and kind as they explain the yoga poses, which makes the class more enjoyable for me.

When I have difficulty stretching into or balancing in a yoga pose, the instructors say sternly but gently, “breathe.” To my surprise, I find that

after I take a deep breath, the yoga pose seems a little more manageable. I have learned that when I am stressed, I tend to do very shallow breathing, which means I breathe from my chest instead of my diaphragm. Breathing from my diaphragm helps to calm me, which also improves my ability to focus.

I decided to apply the deep breaths in group conversations, where I sometimes feel uneasy. Guess what? When I did that, I felt less anxious. So when you find yourself feeling overwhelmed with your hearing loss, just remember to breathe deeply.

Additional information about how yoga and breathing can help with communication challenges will be available in a blog. Details about this blog will be in the next newsletter.

- Linda Rusinko

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Two HLAA National Convention Scholarships

In 2017 the Hearing Loss Association of America — Pennsylvania State Office (HLAA-PA) will offer two scholarships to assist Pennsylvania residents who are members of the Hearing Loss Association of America to attend the HLAA convention. In addition to the Diana Bender HLAA National Convention Scholarship, this year there will also be a Tony Finamore Scholarship, in memory of a MontCo Chapter member who passed away in 2016. These scholarships will be available for deserving persons who are currently involved with hearing loss issues. The HLAA-PA Advisory Council's Scholarship Committee will select the qualifying applicants.

When and where is the 2017 HLAA convention? The convention will be June 22-25 (four days, three nights) at the Salt Palace Convention Center, 100 South West Temple, Salt Lake City, Utah 84101

Who is eligible as a scholarship candidate? Any Pennsylvania resident with hearing loss, regardless of age, is eligible as long as he or she meets the following qualifications. The applicant must be a current HLAA member, must have demonstrated an interest in being actively involved with hearing loss issues, and must indicate that a scholarship would enable his or her attendance. Preference will be given to those who have never attended an HLAA convention.

Scholarship amount: The recipient will be awarded \$500 (to be applied to transportation, lodging, and meals), plus the cost of registration for the full-activity convention package (includes banquet). Any amount exceeding \$500 will be his or her responsibility. The awardee must attend the convention or return the \$500.

Submission date: Application forms may be mailed or emailed (email preferred if possible). Deadline for receipt is April 10, 2017.

HLAA National Convention Scholarship Application Form for 2017 Convention

Name: _____

Address: _____ City _____ State: _____ ZIP _____

Telephone _____ E-mail: _____

What is the expiration date of your HLAA membership? (See your *Hearing Loss Magazine* label.)

Have you ever attended an HLAA convention? (Check one) yes no

Describe the reasons why you should be selected (necessary for consideration). Continue on a second page if necessary. _____

Date: _____

Application must be received by April 10, 2017. E-mail information to Mitchell Bilker, HLAA-PA Scholarship Committee Chair, at scholarship@hlaa-pa.org or mail this form to HLAA-PA National Scholarship, 821 Rosehill Drive, King of Prussia, PA 19406 (email preferred).



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Ask the Expert

COCHLEAR IMPLANTS – LIFE BEYOND HEARING AIDS

Straining to hear each day, even when using powerful hearing aids?

Feeling frustrated and sometimes even exhausted from listening? Whether it happens suddenly or gradually over time, hearing loss can affect you physically and emotionally. Being unable to hear impacts your ability to communicate with your loved ones, hear in noisy environments, talk on the phone, and may force you to become more reliant on your family members to interpret for you.

Cochlear implants work differently than hearing aids. Rather than amplifying sound, they use sophisticated software and state-of-the-art electronic components to provide access to the sounds you've been missing.



Thomas Roland, M.D.,
Cochlear Medical Advisor

Dr. Roland, a cochlear implant surgeon and medical advisor to Cochlear, the world leader in cochlear implants, answers questions about cochlear implants and how they are different from hearing aids.

Q: How are cochlear implants different than hearing aids?

A: Hearing aids help many people by making the sounds they hear louder. Unfortunately as hearing loss progresses, sounds need to not only be made louder but clearer. Cochlear implants can help give you that clarity, especially in noisy environments. Hearing aids are typically worn before a cochlear implant solution is considered.

Q: Are cochlear implants covered by Medicare?

A: Yes, Medicare and most private insurance plans routinely cover cochlear implants.

Q: How do I know a cochlear implant will work for me?

A: The technology is very reliable. In fact, it has been around for over 30 years and has helped change the lives of over 450,000 people worldwide. For many people, cochlear implants are better than hearing aids in noisy environments.¹

Q: What does a cochlear implant system look like?

A: There are two primary components of the Cochlear™ Nucleus® System, the implant that is surgically placed underneath the skin and the external sound processor. Cochlear offers two wearing options for the sound processor, one that's worn behind the ear – similar to a hearing aid – and the new Kanso™ Sound Processor which is a discreet, off-the-ear hearing solution that's easy to use. The Cochlear Nucleus System advanced technology is designed to help you hear better and understand conversations.



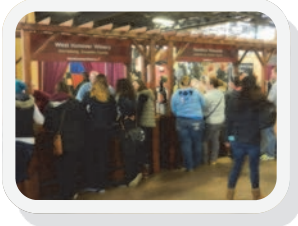
Call **1 800 354 1731** to find a Hearing Implant Specialist near you.

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1. The Nucleus Freedom Cochlear Implant System: Adult Post Market Surveillance Trial Results. 2008 June. ©2016 Cochlear Limited. All rights reserved. Trademarks and registered trademarks are the property of Cochlear Limited. CAM-MK-PR-293 ISS1 NOV16



HLAA-PA at the 2017 Farm Show



HLAA
2017
CONVENTION
JUNE 22-25 | SALT LAKE CITY, UTAH

Location:

Salt Palace Convention Center
100 South West Temple
Salt Lake City, Utah 84101

Highlights:

Research Symposium
*Hearing Aids and Cochlear Implants:
Merging Technologies, Expanding Benefits*

Dinner Theater
Huh? Life with a Cranky Cochlea
Author Gael Hannan

Opening Session Keynote Speaker
Staff Sgt. (RET.) Shilo Harris,
Iraq Veteran and Author.

Note: Convention Scholarship Applications accepted until April 10. See p. 8.



Visit HLAAs on the web!
hearingloss.org or scan this QR code on
your smartphone.

Pickles



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THE ANNUAL HLAA-PA LUNCH AND LEARN

Sunday, April 30, 2017 – 11 a.m. to 3 p.m.
Radisson Hotel Valley Forge, 1160 First Avenue, King of Prussia, PA

Sign in, enjoy coffee, and meet the exhibitors from 11 am - noon, followed by a delicious buffet luncheon. Our keynote speaker is Steven Eliades, M.D., Ph.D., an assistant professor of Otorhinolaryngology, head & neck surgery at the University of Pennsylvania School of Medicine. He will discuss *“Cochlear Implants: Where Are We, How Did We Get Here, and Where Are We Going?”*

Exhibitors will be onsite throughout the event, which is open to the public. We will introduce the winners of the Marcia Finisdore Advocacy Award and the Diana Bender and Tony Finamore HLAA Convention Scholarship Awards. CART (real time captioning), ASL interpreters, and a loop will be provided.

For directions, call the hotel at 610-337-2000 or visit its website at <http://www.radisson.com/king-of-prussia-hotel-pa-19406/pavalley/area/map>



Cost: \$28.00 per person Registration deadline: April 23, 2017
Questions? Contact Nancy Kingsley at kingsley@hlaa-pa.org

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Names of additional attendees: _____

Name of HLAA-PA chapter you belong to (if applicable):

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Mail to: Mitch Bilker, Treasurer
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About HLAA and its State Office, HLAA-PA

The Hearing Loss Association of America (HLAA), founded in 1979, is the nation's foremost membership and advocacy organization for people with hearing loss. HLAA opens the world of communication to people with hearing loss by providing information, education, support and advocacy. The national support network includes the Washington, DC area office, 14 state organizations, and 200 local chapters. HLAA is a 501(c)3 non-profit organization.

Hearing Loss Association of America
 7910 Woodmont Avenue, Suite 1200
 Bethesda, MD 20814
www.hearingloss.org

HLAA-PA is the all-volunteer state office of Hearing Loss Association of America. We were established in 2001 to carry out the mission of HLAA for Pennsylvanians with hearing loss, their families and friends.

DISCLAIMER

Opinions expressed in HearSay are those of the authors. Mention of goods and services in articles and advertisements does not mean HLAA-PA endorsement, nor does absence suggest disapproval.

To reach readers of HearSay, contact Director of Marketing Lee Williams (leewilliams@hlaa-pa.org) for information.

VOLUNTEERS NEEDED!!

Assist the HLAA-PA State Director by serving on the Advisory Council or one of its committees. The Council meets periodically at locations convenient to its membership, and committees conduct most of their business by e-mail and occasionally meet in various parts of the state. If you would like to serve on the council or any of its committees, please contact one of the state leaders listed here:

State Director:

Nancy Kingsley (kingsley@hlaa-pa.org)

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Don Groff (groff@hlaa-pa.org)

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Steve Schultz, Chair (schultz@hlaa-pa.org)

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